

10 Ghanaian Foods You Must Eat Before You Die

By Chuka Obiorah



Ghana is one of those places which has managed to hold on to its cultures for centuries, making it one of the most culturally rich places in the world which reflects the most on its local cuisine. Offering few of the tastiest dishes around, Ghana induces the use of the local crops and food source available in the best possible way. That is why we need to do a proper countdown of 10 Ghanaian foods you should have a taste of before you depart mother earth, so you can get a close and personal view of what is making the world go crazy about traditional Ghanaian cuisine.

We know it can be very complicated to stay on a diet plan when going for a Ghanaian dinner (or if you are lucky, traveling around the country). That's why we have chosen for you the healthiest 10 dishes you should order in a Ghanaian restaurant.

Comprehensive List of 10 Ghanaian Foods You Must Eat Before You Die

1. Chichinga



If you truly want to experience the taste of any country's cuisine, then the street food is the best way to go. The Chichinaga is one of those few Ghanaian Foods which is best able to portray the taste of Ghana. Offering some of the tastiest kebabs made from beef or sausages, The Chichinga is one of Ghana's most preferred street food.

2. Red Red



Most people around the world would shy away at the first sight of beans, but Red Red is one of those few dishes that has managed to reignite the love of beans in many people. Cooked into a fine bean curry that can include either a mix of prawns or fish, Red Red is one of those few dishes that demonstrates Ghanaian cuisine at its best.

3. Banku



If you are the one who loves corn in any size or shape or preparation, then Banku is the dish for you. Banku is one of those local dishes that is made from fermented corn, which is served as orange size balls along with fried fish or meat.

4. Fried Rice with Chicken



A well prepared plate of fried rice can drive even the most critical foodies for second servings, and it is this Ghana's local take on fried rice which has created one of the biggest sensations among folks. Also known as the Jollof Rice, the traditional Fried rice with chicken is made using few of the freshest tomatoes and traditional spices and served with a crispy fried chicken.

5. Waakye



Ghanaian Food For Everyone

Pronounced as Wa Chi, this is one of those dishes which truly shows Ghana's love for Rice and Beans. Waakye is one of those spicy Ghanaian foods which can be eaten with either fried fish, egg, spaghetti or fried chicken and should not be missed at any cost.

6. Strawberry Fool



Desserts are probably the crowning point for any cuisine, and the Strawberry Fool is one of Ghana's finest dishes there is. Made from strawberries, cream and wine, the Strawberry fool displays one of the finest balances of wine and cream, with a hint of strawberry. This is one of those dishes that can change the way you perceive desserts, a great Ghanaian food for everyone to try.

7. Shoko



This is one of those traditional Ghanaian dishes, which has held its significance through the toughest of times. Being one of those few affordable dishes that everyone could afford during the time of struggle, Shoko is one dish that every Ghanaian holds dearly. Also known as beef and spinach stew, The Shoko truly displays the real **taste of Ghana**, which is why many people have grown an unsaid fondness of this dish.

8. Akotonshi



Crabs are among those dishes which have always been the show stealer in many popular seafood restaurants, but it's the Ghanaian twist that has taken this crab dish known as Akotonshi into a whole new league. The Shell of crabs has been one of the biggest problems while cooking and eating crabs, which is why the shell is completely removed while making this dish. Cooked with peppers and tomatoes, this is one of those dishes which has managed to change the way we look at and eat crabs, another great Ghanaian food.

9. Plantain



It is said that the best food is the simplest to cook and the Plantain stands as the most powerful definition to this saying. This is one of traditional Ghanaian foods to die for, which can be eaten boiled, fried or cooked. Plantain is so popular in Ghana that many people have added eating it into their everyday life activities and it is one of those dishes which should not be missed.

10. Groundnut Soup



Ghana's love for soup is legendary, which is why Ghanaians have come up with widest variety of groundnut soups. Even though at first look the Groundnut soup might look like a spicy curry, it is anything but curry and can have any additions of goat meat or beef. Originally getting its bright color from the addition of tomatoes, which is perhaps traditional in every Ghanaian food, the Groundnut soup is one dish which should be tried at least once in your lifetime.

data-matched-content-rows-num="2" data-matched-content-columns-num="4" data-matched-content-ui-type="image_stacked" data-ad-format="autorelaxed">
